

Nicole G.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 1994**

Education & Certifications

- BA in Zoology from University of New Hampshire
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Running/Hiking/Being Outdoors
- High Intensity Interval Training
- Completed the Rock-N-Roll Marathon
- Cooking



**For more info about this trainer,
scan this code with your smart phone or visit:**

24hourfitness.com/personaltraining

Club ID: 892

